

3-Day Food and Activity Journal

Please see the other side for instructions about how to use this food journal.

Meal	Day 1: _____	Day 2: _____	Day 3: _____
Breakfast (First Meal)			
Snack			
Lunch (Second Meal)			
Snack			
Dinner (Third Meal)			
Snack			
Activity			

How to fill in this journal

- ☐ Write down everything you eat and drink. You may want to record **one weekday (or workday)** and **one Saturday or Sunday (or day off)**.
- ☐ Include:
 - How much food you ate. See the suggestions below to estimate portion sizes. If the food comes in a package, just write down the package size. Example: 175 mL container of yogurt.
 - How the food is cooked (for example: fried, baked, boiled, barbecued)
 - Anything you add to food, during or after cooking. Example: cream, sugar, oil, butter, jam, syrup, ketchup or other sauces, dressings or condiments.
 - Details about restaurant foods, fast foods, or packaged foods (for example: McDonald's Big Mac[®] or KFC[®] chicken).
- ☐ Measure the food you eat for a day or two to help you understand how much you eat and drink. Use measuring cups and spoons.
- ☐ Write down all your **activities** for the day. Include planned activities (going for a walk or swim) and activities of daily life (housework or grocery shopping). Comments may include where you ate, your mood, or stress level.
- ☐ Use more paper if you need to or photocopy the other side of this handout.
- ☐ Read over your journals to see what is working well and what you may want to change.
- ☐ Keep on tracking. Use this tool to help you meet your goals, or to make new goals.

To estimate portion sizes, use the guidelines below:

This amount of food: **...is about the same size as:**

2½ oz (75g) of meat	a hockey puck
1½ oz (50 g) of cheese	2 white erasers
1 cup (250 mL)	a baseball or fist
½ cup (125 mL)	a hockey puck
1 medium piece of fruit	a tennis ball
2 Tbsp (30 mL)	1 golf ball
¼ cup (60 mL)	2 golf balls
1 tsp (5 mL) – use for butter, margarine, mayonnaise	a thumb tip or one die

Example of how to fill in your food journal:

Meal	Day 1: Thursday	Day 2: Saturday
Breakfast (First Meal)	1 cup Bran Flakes [®] with 1 tsp sugar and ½ cup 1% milk 1 cup coffee black 1 slice whole wheat toast with 2 tsp soft margarine	1 egg fried in 1 tsp butter with 3 strips of bacon 2 slices whole wheat toast with 2 tsp soft margarine 2 cups tea (chamomile)
Snack	1 carrot muffin - Tim Hortons [®] 1 medium black coffee - Tim Hortons [®]	1 medium apple
Activity	Stressful day at work	30 minute walk